



NEWS RELEASE

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FOR IMMEDIATE RELEASE

City of Las Vegas August 2006 Senior Activities

(All activities are subject to change. List is not all-inclusive. Call centers near you for complete list of classes and activities. Most require \$2 annual membership to City of Las Vegas Senior Programs.)

Sports Galore (all ages)

Fees: vary; some are free with \$2 annual membership.

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Dula offers bowling at Texas Station; pickle ball, table tennis, bocce, golf, paddle tennis, open basketball, basketball leagues, volleyball, hiking and weight training. Call for days and times.

Municipal Pool Activities (ages 2-adult)

Municipal Pool, 431 East Bonanza Road, (702) 229-6309.

Available activities year-round include first aid and lifesaving; water safety and lifeguard training for instructors; learn-to-swim classes, water aerobics, arthritis water exercise, and aquatic therapy for stroke patients and those with other functional deficits. Fees vary.

Free Open Table Tennis (ages 50+)

Mondays and Wednesdays, 9 to 11 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Monday through Friday, noon to 2 p.m.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Mondays and Wednesdays, 8:30 to 11:30 a.m.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Paddle Tennis (ages 50+)

Mondays, Tuesdays and Thursdays, 7:39 to 9:30 a.m.

Veterans Memorial Leisure Services Center, 101 North Pavilion Center Drive, (702) 229-1100.

Free Bocce & Horseshoes (ages 50+)

Bocce Mondays and Wednesdays, 10 a.m. to noon

Horseshoes Tuesdays and Thursdays, 10 a.m. to noon

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Bowling at Santa Fe Hotel (ages 50+)

Mondays, 10 a.m.

Fee: \$2.25 for 3 games, plus shoe rental

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Meet at the Santa Fe bowling alley at 9:30 a.m.

Free Sports Form

Mondays, 9:30 to 10:30 a.m.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Coffee and donuts will be available to sports fans who want to rehash the football games together.

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Free Tole Painting Class (ages 50+)

Thursdays, 2 p.m.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

TOPS (Take Off Pounds Sensibly) (ages 50+)

Thursdays at 9:30 a.m. This support group helps participants with their weight loss programs.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Thursdays, 8 to 10 a.m., Free

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Compulsive Eaters Anonymous (ages 50+)

Mondays and Tuesdays, 9:30 to 11 a.m. or Thursdays 2 to 3:30 p.m.

Fee: To be determined

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Twelve-step program for compulsive eaters.

Free Diabetes Prevention Group (ages 50+)

Wednesdays, 1 p.m.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Free Senior Singles Social (ages 50+)

1st Wednesdays each Month, 1:30 to 3 p.m.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Free Singles Social Club (ages 50+)

Thursdays, 6 to 9 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Enjoy fun activities like learning to shoot pool, the latest dance steps, from a master gardener or from a qualified mechanic.

Free Senior Singles Mingle Club (ages 50+)

1st Wednesday each Month at 2 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Meet new people and join fellow singles to socialize and attend functions.

Free Round Table Discussion Group (ages 50+)

Wednesdays, 10 a.m. Enjoy weekly guest speaker or meeting and lunch. Call for details.

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Red Hat Society (ages 50+)

Days and times vary. Call center nearest you to learn what group meetings are available.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Daughters of the Utah Pioneers Meetings

2nd Monday of the Month at noon

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

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Community Gardens (ages 50+)

Doolittle Senior Center Community Garden, 1200 block of Blankenship, (702) 229-6125.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Work in the community gardens to reap benefits of fresh vegetables, fruits and flowers.

Free Woodcarving and Wood-burning Group (ages 50+)

Tuesdays, 10 a.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Nimble Thumbs Knitting/Crochet Club (ages 50+)

Wednesdays, 11 a.m. to 1 p.m.

Free with senior membership card.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Work on individual projects while socializing with friendly group of creative knitters and crocheters.

Free Crochet & Knit Group (ages 50+)

Mondays at 1 p.m.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Knit & Crochet (ages 50+)

Mondays, 9 to 11 a.m.

Fee: \$1 per class

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Free Knitting & Crocheting Group (ages 50+)

Monday through Thursday, 10 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Teddy Bear Club (ages 50+)

Wednesdays at 12:30 p.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Call for information or just drop in.

Sewing 101 (ages 50+)

Mondays at noon.

Fee: \$3 per class. Bring your sewing supplies. Bring your machine or borrow one of ours.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Sewing Lessons with Lillian (ages 50+)

Wednesdays 12:30 to 2 p.m. and Saturdays 2 to 3:30 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Bring your sewing machine or use ours. Learn to sew, use a pattern and more. Bring material to make something new or anything that needs work.

Quilting (ages 50+)

Wednesdays, ages 10 a.m. to noon.

Fee: \$3 per class. Sewing machines are available for use at the center.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Quilting (ages 50+)

Fridays at 1 p.m.

Fee: \$3 per class

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

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Porcelain Doll-making Class (ages 50+)

Tuesdays, 1 p.m.

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Acrylic Painting (ages 50+)

Tuesday, 9 a.m.

Fee: \$3

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Oil Painting and Watercolor Classes (ages 50+)

Thursdays at noon for Watercolor; Fridays at 9 a.m. for Oil Painting

Fee: \$3 per class. Supply list is available at the center.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Cheiko's Oil Painting & Pastels (age 50+)

Mondays, 10 a.m. to 2 p.m.; Tuesdays and Fridays, 9 a.m. to 1 p.m.

Fee: \$3 per class. For intermediate to advanced painters.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Oil Painting (ages 50+)

Tuesdays, 8:30 to 11 a.m.

Fee: \$3 per class.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Oil Painting Classes (ages 50+)

Tuesdays, 1 to 3 p.m.

Fee: \$3 per class

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Watercolor Classes (ages 50+)

Fridays, 11:30 a.m. to 1:30 p.m.

Fee: \$3 per class

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free-style Drawing (ages 50+)

Fee: \$3 per class

Mondays, 1 p.m., at Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Mondays, 10 a.m. to noon, Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Thursdays, 1 p.m., at

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Wax In-lay Beading (ages 50+)

Fee: \$3 per class, plus materials.

Thursdays at 9:30 a.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Create works of art from eggs, gourds and masks using beads, wax, a stick and creativity.

Tuesdays, 1 to 3 p.m.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

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Ceramics (ages 50+)

Thursdays, 1:30 to 3:30 p.m.

Fee: \$3 per class, plus materials

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Make vases, figurines, plates, holiday items and more. Learn every aspect of ceramics from greenware to glazing. All skill levels welcome at any time.

Free Dominoes (ages 50+)

Weekdays 8:30 a.m. to 5 p.m., Saturdays 9 a.m. to 5 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Mah Jongg (ages 50+)

Fridays at noon, Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Wednesdays at noon, Derfelt Senior Citizens Center, 3343 W. Washington Ave., (702) 229-6601.

Free Scrabble Club (ages 50+)

2nd and 4th Wednesdays of each month at 12:30 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Use our board or bring your own and test your skills against other Scrabble fans.

2nd Friday of each Month at 12:30 p.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Free Card Playing (ages 50+)

Duplicate Bridge clubs meet Mondays, Wednesdays and Saturdays. New members are welcomed.

Family-style Bridge club meets Fridays. Call for information and help forming new partnerships.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Double-deck Pinochle weekdays 8:30 a.m. to 5 p.m., Saturdays 9 a.m. to 5 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Canasta Mondays, Wednesdays and Fridays from 12:30 to 4 p.m.

Cribbage Tuesdays and Thursdays from 9 a.m. to 4 p.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Cribbage Mondays, Wednesdays and Fridays, 9 a.m. to noon

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Bridge Club on Mondays from noon to 3 p.m.

Pinochle Club on Wednesdays and Fridays from noon to 3 p.m.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600. \$2 annual membership fee.

Pinochle Mondays at 10 a.m.

Canasta Thursdays at 10 a.m. and Fridays at 12:30 p.m.

Party Bridge Fridays at 9 a.m.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Call for information on several Bridge Groups.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Free Bingo (ages 50+)

Tuesdays, Thursdays and Saturdays at noon

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Pick up your favorite bingo cards and play for prizes

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Guitar Classes (ages 50+)

Mondays, 1 to 2 p.m.,

Fee: \$4 per class

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Guitar Classes (ages 50+)

Thursdays, 4 p.m.

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Sing-A-Long with Las Vegas Fun Time Singers (ages 50+)

Fridays, 1 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Weekly Saturday Night Dance with Boyd Coulter's Good Times Band

Saturdays, 6:30 to 9:30 p.m.

Fee: \$3 per person

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Oldies Music Enjoyment (ages 50+)

3rd Saturday each Month from 1 to 3 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Enjoy playing name that tune, hearing and exchanging old favorite songs, albums, tapes and CDs.

Free Country Western Line Dancing (ages 50+)

Mondays, 10 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Soul Line Dancing (ages 50+)

Fridays, 11 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Do You Remember That Dance? (ages 50+)

Mondays, Wednesdays and Fridays 2 to 4:30 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Dancing Lessons (ages 50+)

Ballroom Dancing, Thursdays, 1 to 3 p.m. (\$3 per class)

Line Dancing, Fridays at 11 a.m. (\$3 per class)

Tap Dancing, Monday at 11:30 a.m. and Thursdays at 10 a.m. (\$2 per class)

Korean Folk Dance, Tuesdays and Wednesdays at 11:30 a.m., (free)

Square Dance Lessons, Tuesdays at 7 p.m. (\$2 per class)

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Dancing Lessons (ages 50+)

Tap Dancing, Mondays 11 a.m. to 1 p.m.; Tuesdays 10 a.m. to noon; Fridays, 10 a.m. to noon.

Intermediate/Advanced Tap Dancing, Thursdays noon to 2 p.m.

Round Dancing, 6 to 8 p.m.

Jazz Dancing, Wednesdays and Saturdays, 2 to 3 p.m.

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

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Ballroom and Swing Dance (ages 50+)

Wednesdays, 1 to 3 p.m.; Saturdays, 2 to 4 p.m.

Fee: \$5 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Ballroom Dance (ages 50+)

Fridays, 12:30 to 2:30 p.m.

Fee: \$4 per class

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Hula Dancing Lessons (ages 50+)

Wednesdays, 1:30 to 2:30 p.m. (beginning); 3 to 4 p.m. (advanced)

Fee: \$3 per class

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Gotta Dance Class (ages 50+)

Fridays, 1 to 2 p.m.

Fee: \$3 per class. No partner needed. Learn a variety of dance styles in line-dance format.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Belly Dancing (ages 50+)

Fridays, 11 a.m. to noon, with instructor Jasmine Gamal.

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

The Yin & Yang of Self (ages 50+)

Mondays, 11 a.m. to 12:30 p.m.

Fee: \$3 per class

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Explore life's physical, emotional, mental and spiritual aspects.

Free Low-Impact Aerobics (ages 50+)

Tuesdays and Thursdays, 9 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

In Balance Training with Doris (ages 50+)

Tuesdays, 11 a.m. to noon

Fee: \$3 per class. A mixture of yoga, Pilates, Feldenkries, resistance bands, weights and chi ball.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Stability Ball Training with Doris (ages 50+)

Tuesdays, Wednesdays and Thursdays, 9 a.m.

Fee: \$2 per class. A mix of aerobics, yoga, Pilates, meditation, light weights and more.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Fitness After 50 Aerobics with Mary Lou (ages 50+)

Mondays and Fridays, 9 a.m.

Fee: \$2 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Sit & Fit Cardio Exercise (ages 50+)

Mondays, 8:30 to 9:30 a.m.

Fee: \$3 per class. Aerobic chair exercise to improve cardiovascular fitness, burn fat, tone muscle.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Mat Pilates Class (ages 50+)

Thursdays, 11 a.m. to noon

Fee: \$18 for six-week class.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Tai Chi (ages 50+)

Fee: \$3 per class. Pre-registration required.

Tuesdays and Thursdays, 9 a.m.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Wednesdays at 2 p.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Wednesdays, 10 a.m., beginning July 12, with instructor Billie Ann Sabala.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Fridays, 11 a.m. to noon

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Thursday, 9 to 10 a.m.

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Personal Training Fitness Assessments (ages 50+)

Mondays and Tuesdays, by appointment. Call 229-1600 for appointment.

Fee: \$10.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Jennifer Rose Campbell, B.S., will assess your fitness level, blood pressure, resting heart rate and cardiovascular health, help you set fitness goals and give a resistance training session at the Mirabelli Community Center next door.

Circuit Training Exercise Class (ages 50+)

Wednesdays, 9 to 10:30 a.m., except last Wednesday of each month.

Fee: \$3 per class.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Learn the proper use of exercise machines, using a circuit-training format for increased heart rate and weight loss. Instructor Jennifer Rose Campbell, B.S.

Fitness Room (ages 50+)

Monday through Friday, 8:30 a.m. to 5 p.m., Saturdays, 9 a.m. to 5 p.m.

Free with center membership

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Equipment includes Gazelle, treadmills, bicycles and Universal weight machines.

Free Senior Fitness (ages 50+)

Tuesdays and Thursdays, 10 to 11 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Jazzy Low-Impact Aerobics (ages 50+)

Tuesdays and Thursdays, 2:30 to 3:30 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Strength Training Class (ages 50+)

Mondays, Wednesdays and Fridays, 9 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

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Strength and Flexibility Training (ages 50+)

Tuesdays and Thursdays, 9 to 10 a.m.

Fee: \$1 per class. Increase flexibility for greater range of motion and strength using hand weights.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Mat and Stand up Exercise (ages 50+)

Mondays, Wednesdays and Fridays at 9 a.m.

Fee: \$1 per class. Use light weights to build strength and endurance.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Free Hot to Trot Walking Club (ages 50+)

Monday through Friday, 6 to 7:30 a.m. Walking track is inside climate-controlled gymnasium.

Veterans Memorial Leisure Services Center, 101 North Pavilion Center Drive, (702) 229-1100.

Free Walk To Be Fit Group (ages 50+)

Wednesdays, 8 to 9 a.m.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Walk in beautiful Lorenzi Park with new friends to improve your fitness.

Free Walking Group (ages 50+)

Tuesdays and Thursdays at 8 a.m. in the center's air-conditioned ballroom.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Free Walk & Talk Walking Club (ages 50+)

Monday through Friday at 8 a.m.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Chair Fitness Class (ages 50+)

Tuesdays and Thursdays, 10 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Chair Exercise with Kelly (ages 50+)

Mondays, Wednesdays and Fridays at 10 a.m.

Fee: \$1 per class

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Yoga (ages 50+)

Mondays, Wednesdays, Fridays at 9 a.m.

Fee: \$3 per class

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Hatha Yoga with Deborah (ages 50+)

Mondays, noon to 1:30 p.m.

Fee: \$5 per class

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Humanities Discussion Group (ages 50+)

Thursdays at 10 a.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Enjoy a wide variety of speakers and topics. Refreshments served each week.

Free Doolittle Senior Book Club (ages 50+)

4th Thursday each Month, 2 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Enjoy reading and lively discussions about a different book each month.

Free Senior Book Club (ages 50+)

Fridays, at 7 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Language Classes (ages 50+)

French Tuesdays at 3 p.m.; Japanese Tuesdays at 4 p.m.; Beginning Spanish Fridays at 9 a.m.
Intermediate Spanish Fridays at 10 a.m.; Spanish Thursdays at 6 p.m.

Fee: \$3 most classes; \$4 Thursday evenings. Register in advance.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Writing for Pleasure (ages 50+)

Fridays, 10 a.m. to noon

Fee: \$3 per class

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Spanish for Everyday Communication

Mondays, 8 to 10 a.m.

Fee: \$3

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Beginning Spanish (ages 50+)

Tuesdays at 2 p.m. and Thursday at 9 a.m.

Fee: \$2 per class

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Free English as a Second Language Class (ages 50+)

Tuesday through Friday at 5:30 p.m.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Beginning Spanish (ages 50+)

Tuesdays, 10 to 11:30 a.m.

Fee: \$3 per class

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

eBay Classes (ages 50+)

Introduction to eBay – Thursdays, 9 to 10:30 a.m. Call for start date.

eBay Savvy – Thursdays, 10:30 a.m. to noon. Call for start date.

Fee: \$20 for four-week course. Pre-registration required.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Part I: Introduction and Buying Techniques – Tuesdays, 12:30 to 2 p.m.

Part II: Selling Techniques – Tuesdays, 2 to 3:30 p.m. (Part I is prerequisite.)

Fee: \$20 for four-week course. Basic computer skills required. Call for start date.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Open Computer Lab (ages 50+)

Monday, Wednesday and Friday, 8 a.m. to 5 p.m.; Tuesday and Saturday, 8:30 a.m. to noon. Closed Thursday. Senior center membership required.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Mondays, Thursdays, Saturdays and Sundays, 8 a.m. to 9 p.m.

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

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Free Open Computer Lab (ages 50+)

Mondays, Thursdays, Fridays, 1:30 to 3:30 p.m.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Thursdays, 9 a.m. to 2 p.m.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Monday through Friday, 8 a.m. to 4 p.m., except during computer classes.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Computer Classes (ages 50+)

Basic Computers and Word for Beginners, Tuesday and Thursday, 1 to 2:30 p.m.

Intermediate Computers – Internet and E-mail, Tuesday and Thursday, 3 to 4:30 p.m.

Fee: \$15 each for a four-week course. Classes begin July 6. Pre-registration required.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Computer Basics; 12-hour course, Friday or Saturday classes, English or Spanish.

Computer Microsoft Word, Excel and Internet Access; 12-hour course, Friday or Saturday.

Fee: \$15/month. Classes start at the beginning of each month. Pre-registration required.

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Level I for Beginners, Mondays and Wednesdays, 10 to 11:30 a.m.

Level II Intermediate Class, Mondays and Wednesdays, 11:45 a.m. to 1:15 p.m.

Level III Advanced Class, Mondays and Wednesdays, 1:30 to 3 p.m.

Fee: \$15 per four-week course. Classes start at the beginning of each month. Register in advance.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Introduction to Computers/Windows/Word, Tuesdays, noon to 1 p.m.

Internet Classes, Wednesdays, noon to 1 p.m.

Fee: \$20 per six-week session. Register at least one week before classes begin. Call for start date.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Introduction to Windows, Tuesdays and Thursdays, 9:30 to 10:30 a.m.

Introduction to Computers, Tuesdays and Thursdays, 11 a.m. to noon.

Internet, Wednesdays, 1 to 3 p.m.

Fee: \$6 for three-week session, payable in advance. Classes begin at the start of each month.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Cooking Workshops (ages 50+)

2nd Thursday of each month, 4:30 to 5:30 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Learn to cook low-fat, healthy recipes. Register in advance.

Free Health Is Wealth Lectures (ages 50+)

Tuesdays at 1 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Hamburger Tuesday (ages 50+)

Tuesdays, 11 a.m. to 1 p.m.

Fee: \$2, plus any extras.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Enjoy a quarter-pound sirloin burger, grilled onions, chips and drink, while supplies last.

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Healthy Lunch (ages 50+)

Monday through Friday, 11:30 a.m. to noon

Fee: \$3

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Nutritious Lunch Program (ages 50+)

Monday through Friday at 11:30 a.m. No lunch program August 24-September 8.

Fee: \$2. No reservation needed.

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Free Blood Pressure Checks (ages 50+)

Wednesdays, 9 to 10 a.m. Checked by retired nurse.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Blood Pressure Checks (ages 50+)

Wednesdays, 9:30 to 11:30 a.m.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Free Blood Pressure Check

First Thursday each month, 9:30 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Bunco

Tuesdays, 10 to 11 a.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Bunco Club

Third Wednesday of each month, 1 to 3 p.m.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Fun Time with Grandma & Grandpa (ages 50+)

Mondays, 10 to 11 a.m.

Fee: \$4 per group

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Enjoy a fun hour of activities with your grandchildren.

Seniors in Motion Kyle Canyon Walkers' Hike (ages 50+)

Tuesday, August 1, 8:30 a.m. departure

Fee: \$1

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Bring lunch and water. Pre-registration required.

Free Fall Prevention Education Seminar

Tuesday, August 1, 9 a.m.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Physical therapist Brian Werner will offer free balance tests following a seminar on balance, vertigo, dizziness, hearing loss and fall prevention. Registration opens July 1. Reservations recommended.

Quick Fixin' Workshop (ages 50+)

Tuesday, August 1, 2 to 3 p.m.

Fee: \$3

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

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Breakfast Nook (ages 50+)

Wednesday, August 2, 8:30 to 9:30 a.m.

Fee: \$2

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Pancake Breakfast

Thursday, August 3, 9 a.m.

Fee: \$2

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

National Watermelon Day Celebration

Thursday, August 3, all day.

Fee: \$.25 per slice

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Health Is Wealth Lecture #13 (ages 50+)

Thursday, August 3, 1 p.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Retired pharmacist and nutritionist Fred Greenberg will discuss foods, vitamins, minerals essential for good health, ways to improve vitality and live healthier.

Free Senior Law Project Outreach Legal Counseling (ages 60+)

East Las Vegas Community/Senior Center, 250 N. Eastern Avenue, (702) 229-1515.

Friday, August 4, 9 to 11 a.m., by advance appointment. Call 229-6596 for appointment.

Trail Dusters Hike to Fletcher Canyon (ages 50+)

Friday, August 4, 9 a.m. to 3 p.m. Van leaves at 9 a.m. Advance registration required.

Fee: \$2 transportation fee. Bring lunch, water, sunscreen, hat and camera.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Northwest Explorers Fletcher Canyon Hike (ages 50+)

Friday, August 4, 9:30 a.m. check-in; 10 a.m. van departure. Pre-registration required.

Fee: \$2 van registration fee. Registration opens July 10.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Reflexology (ages 50+)

Fridays, August 4 and 11, 9:30 to 11 a.m.

Fee: \$3 per class

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

CPR/AED/First-Aid

Saturday, August 5, 10 a.m. to 1 p.m.

Fee: \$25, payable to instructor. Earn 2-year certification accepted by CCSD.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Joyce Arebalo Artist Reception (all ages)

Saturday, August 5, 1 to 3 p.m.

Derfelt Senior Center Gallery, 3343 West Washington Avenue, (702) 229-6601.

Free Joyce Arebalo Art Exhibit (all ages)

Monday through Friday, August 5 to 28, 9 a.m. to 3 p.m.

Derfelt Senior Center Gallery, 3343 West Washington Avenue, (702) 229-6601.

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Free Digital Camera Club Meeting (ages 50+)

Meeting Monday, August 7, 1 to 3 p.m. Field trip Monday, August 28, 10 a.m. to 2 p.m.

Fee: \$2 transportation fee for field trip. Bring your camera.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Mt. Charleston Day Trip (ages 50+)

Tuesday, August 8, 10 a.m. to 3 p.m. Advance registration required.

Fee: \$2 transportation fee. Bring lunch, water and hat for sightseeing trip to mountain.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

All You Can Eat Salad Luncheon (ages 50+)

Friday, August 8, 12:30 p.m. Tickets go on sale June 1. Advance purchase required.

Fee: \$3

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Enjoy egg, tuna, ham and green salads; breads; dessert and beverages.

Bunco

Wednesday, August 9, 1 to 3:30 p.m.

Fee: \$1 per session

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Lifeline Health Screenings (ages 50+)

Thursday, August 10, 8 a.m. to 6 p.m.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Ultrasound screenings to assess risk for stroke, vascular disease and osteoporosis will be offered. A board-certified physician will review the results of each test to ensure accuracy of the results before they are mailed. Call 800-643-6075 to schedule an appointment. Each screening requires 10 minutes or less to complete.

Pancake Breakfast (ages 50+)

Thursday, August 10, 9:30 to 11:30 a.m.

Fee: \$3. Enjoy pancakes, bacon, sausage, eggs and juice.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Park Ambassadors Meeting (ages 50+)

Thursday, August 10, 10 a.m.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Volunteers are needed to greet visitors, distribute information and report maintenance needs. Call 229-4924 for information.

Free Quarterly Chat with Councilman Ross (ages 50+)

Thursday, August 10, 10 to 11:30 a.m.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Join Councilman Ross for coffee and light refreshments as you discuss your ideas for Ward 6.

Free Astronomy 101 Workshop (ages 50+)

Thursday, August 10, 1 p.m. Requires senior center annual membership card.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Learn about planets, moon phases and more about the sky.

Free Senior Law Project Outreach Legal Counseling (ages 60+)

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Friday, August 11, 9 to 11 a.m., by advance appointment. Call 229-6596 for appointment.

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Rise & Shine Breakfast (ages 50+)

Friday, August 11, 9:30 a.m. Tickets on sale July 3.

Fee: \$5

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Breakfast & Movie Club (ages 50+)

Friday, August 11. Van leaves center at 9:30 a.m. for breakfast buffet and movie theater.

Fee: \$2 transportation fee plus breakfast and movie ticket cost.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

S'Mores Day Luncheon (ages 50+)

Friday, August 11, 11 a.m. Reservations required no later than August 9.

Fee: \$3. Enjoy lunch, then learn what a "S'Mores" is.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Seafood Gumbo Lunch (ages 50+)

Friday, August 11, 11:30 a.m.

Fee: \$6

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Amputee Coalition of Nevada Seminar (ages 50+)

Friday, August 11, 1 to 3 p.m.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

AARP 55 Alive/Mature Driving Program (ages 50+)

Fee: \$10; Pre-registration required. Must attend both sessions. Call 257-9555 to register.

Nevada law allows for a discount on auto insurance premiums when course is successfully completed.

Monday, August 14, 8 a.m. to 4 p.m.

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Monday and Tuesday, August 14-15, 9:30 a.m. to 1 p.m.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Wednesday and Thursday, August 16-17, noon to 4 p.m.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Wednesdays, August 16 and 23, 1 to 5 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Monday and Tuesday, August 21-22, 5 to 9 p.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Free Vision Screening (ages 50+)

Tuesday, August 15, 9 to 10:30 a.m.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Shepherd Eye Center technicians will check your vision and your eyes for cataracts and glaucoma.

Limited appointments; register in advance.

Pancake Breakfast (ages 50+)

Wednesday, August 16, 8:30 to 10 a.m.

Fee: \$3, includes Chocolate Chip pancakes, eggs and bacon.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

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Free Seniors CAN Education Program (ages 50+)

Wednesday, August 16, 10 to 11:30 a.m.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Sign up for four-month educational program designed to help seniors continue living independently in their own homes.

Summer Luau (ages 50+)

Wednesday, August 16, 11:30 a.m.

Fee: \$4

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Enjoy a Hawaiian feast, dancing, great entertainment and lots of fun. Reservations required.

Seniors in Motion Trail Canyon Short Hike (ages 50+)

Thursday, August 17, 8:30 a.m. departure

Fee: \$1

Dula Gymnasium, 441 East Bonanza Road, (702) 229-6307.

Bring lunch and water. Pre-registration required.

Lunch & Dennis Bono Show (ages 50+)

Thursday, August 17, noon to 3:30 p.m. Advance registration required.

Fee: \$2 transportation plus lunch cost.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Watch the taping of the live variety entertainment and talk show.

Sizzling Summer Supper (ages 50+)

Thursday, August 17, 4 to 5:30 p.m.

Fee: \$4

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

***The Bells Are Ringing* Super Summer Theater (ages 50+)**

Thursday, August 17, 5 to 10 p.m.

Fee: \$2 van registration plus \$10 theater ticket.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Bring a picnic dinner for an evening of theatre under the stars at Spring Mountain Ranch.

Lee Canyon Hiking (ages 50+)

Friday, August 18, 8:30 a.m. Pre-registration required.

Fee: \$2 transportation fee. Bring sunscreen, sack lunch and water.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Hiking Lee Canyon (ages 50+)

Friday, August 18, 8:30 a.m. to 2:30 p.m. Advance registration required.

Fee: \$2 van fee. Bring a sack lunch, water and camera. Wear comfortable shoes and clothes.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Free Senior Law Project Outreach Legal Counseling (ages 60+)

Friday, August 18, 9 to 11 a.m., by advance appointment. Call 229-6596 for appointment.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

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Fish Fry (ages 50+)

Friday, August 18, 11:30 a.m. Advance registration required.

Fee: \$6 includes catfish lunch with all the fixings.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Digital Photo Workshop (ages 50+)

Saturday, August 19, 10 a.m. to noon

Fee: \$6

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Learn to transfer and store your photos on different computer media.

CPR/AED/First-Aid

Saturday, August 19, 10 a.m. to 1 p.m.

Fee: \$25, payable to instructor. Earn 2-year certification accepted by CCSD.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Kick Up Your Heels Western Dance (ages 50+)

Saturday, August 19, 6:30 to 9:30 p.m.

Fee: \$3

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454.

Bring your best girl to swing and sway the western way in boots and cowboy hat. Light refreshments.

CD-Burning Workshop (ages 50+)

Monday, August 21, 1 to 3 p.m.

Fee: \$2

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Learn how to back up your computer, transfer files and make a CD of your favorite music.

French Toast Breakfast (ages 50+)

Tuesdays, August 22, 9:30 to 11:30 a.m.

Fee: \$3. Enjoy French Toast, eggs, sausage, bacon and juice.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

2nd Annual Chillin' with Santa Luncheon & Back-to-School Event

Wednesday, August 23, 11:30 a.m.

Fee: \$5

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

Santa and the elves make a special appearance in a winter wonderland for lunch and to present school supplies donated by the community to local elementary school students.

City of Las Vegas Senior Centers End of Summer Bash (ages 50+)

Thursday, August 24, 8:30 a.m. to 4 p.m.

Fee: \$5 per person, includes transportation, food and projects.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Las Vegas Senior Center, 451 East Bonanza Road, (702) 229-6454

Hiking, card playing, crafts, barbecue lunch, games and the great outdoors at cool Mt. Charleston.

Breakfast & Movie at Texas Station (ages 50+)

Friday, August 25, 9 a.m. to 3 p.m. Van leaves at 9 a.m.

Fee: \$2 transportation fee plus cost of buffet and movie.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

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Blueberry Patch Luncheon (ages 50+)

Friday, August 25, 11 a.m. Reservations required no later than August 23.

Fee: \$3. Celebrate National Blueberry Month.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

The Bells Are Ringing Super Summer Theater (ages 50+)

Friday, August 25, 5 to 10 p.m. Registration begins July 24.

Fee: \$2 van registration plus \$10 theater ticket.

Northwest Senior Center, 6841 W. Lone Mountain Road, (702) 229-4794.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Bring a picnic dinner for an evening of theatre under the stars at Spring Mountain Ranch.

Stargazing Beyond the Neon (ages 50+)

Saturday, August 26, 5 to 11:30 p.m.

Fee: \$2 transportation plus buffet

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Enjoy a local buffet and then join the Las Vegas Astronomical Society at Red Rock Canyon for a public star party. Bring your binoculars, telescope, star guide and lounge chair for more enjoyment.

Digital Camera Club Field Trip (ages 50+)

Monday, August 28, 10 a.m. to 2 p.m.

Fee: \$2 transportation fee. Bring your camera.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

All-You-Can-Eat-Soup-and-Salad Lunch (ages 50+)

Tuesday, August 29, 11:30 a.m.

Fee: \$3 includes soups, salad with a variety of vegetables, and bread.

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Free Using iTunes Workshop (ages 50+)

Tuesday, August 29, 12:30 p.m. Requires senior center annual membership card.

East Las Vegas Community/Senior Center, 250 North Eastern Avenue, (702) 229-1515.

Outward Bound Trip to Stateline In-door Mall & Buffalo Bills (ages 50+)

Wednesday, August 30, 8:45 a.m. to 2 p.m.

Fee: \$2 van fee plus lunch cost.

Howard Lieburn Senior Center, 6230 Garwood Avenue, (702) 229-1600.

Mirage Dolphin Habitat & Garden Trip (ages 50+)

Wednesday, August 30, 9 a.m. to 2 p.m.

Fee: \$18 Tour and transportation, plus breakfast buffet cost

Doolittle Senior Center, 1950 North J Street, (702) 229-6125.

Bunco

Thursday, August 31, 1 to 3:30 p.m.

Fee: \$1 per session

Derfelt Senior Citizens Center, 3343 West Washington Avenue, (702) 229-6601.

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